



355th Services Squadron



Davis-Monthan AFB, AZ.

SAM'S NOTES

No federal endorsement of sponsors intended

A Supplement to the Desert Airman

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Friday, January 23, 2004

Services News Briefs



Squadron Picnic Kits

Let Outdoor Recreation help with your next Squadron picnic or function with their free picnic kits. Kits include assorted sporting equipment, tables, chairs, coolers, and water jugs. Kits must be reserved a minimum of two weeks prior to your event. For more information call 228-3736 or stop by Outdoor Recreation in Bldg. 4430.

Paintball Range

The Paintball Range is now open from 8 a.m. to 3 p.m., Sat. and Sun. A full paintball package costs \$20 and includes marker, mask, 200 rounds of paint, 12oz CO2 and field fees. The range is located on Yuma Road.



Archery Range and Trap & Skeet Range

The D-M Archery Range and Trap & Skeet Range is available to all active duty, dependents, DoD civilians and retirees. The Archery Range is co-located with the Paintball Range off of Yuma Road. Anyone wishing to use the Archery Range may check out the key from ODR during their regular weekday hours. The Trap & Skeet Range is open Sat. and Sun. from 8 a.m. to noon. Cost is \$3 to \$4 per round (25 clay pigeons). The Skeet Range is located at the end of Yuma Road at the Firing Range. For more information on either activity contact Outdoor Recreation at 228-3736.



Youth Center Volunteers Needed

The youth center basketball league kicks off its season tomorrow. The league still needs a few more coaches to work with the kids in age groups 9-10 and 13-15. If you're interested in coaching, please call Armando Bracamonte at 228-8365.



Colossal Cookie Challenge

"It's time to get out those favorite cookie recipes and start baking!"

Use your favorite cookie recipe and bring your cookies to the Colossal Cookie Challenge Jan. 29, from 6-8 p.m. at the Desert Lightning Community Center.

Contestants will participate in one of the five categories listed below. Winners will be submitted to ACC for a chance to compete and then to Air Force for competition at their level.

Contest information: Contestants will bake cookies at a location of their choosing (ovens are not available at the Community Center). Entries must be submitted for judging in the one of the following categories: holiday or special occasions (decorated cookies); no-bake cookies (no oven needed); healthy cookies (must contain fruit, nuts, or cereal); cookie makers special (everything that doesn't fit in another category).

Entries will be judged on the following: taste, appearance, and creativity. Participants may submit more than one recipe/product but each recipe/product may only be submitted once in each category. Contestants must provide a complete recipe with all ingredients, specific measurements, and utensils necessary to prepare the entry. Each recipe must produce enough samples for at least one dozen "Colossal Cookies".

Contestants are encouraged to submit recipes to the 2004 Pillsbury Bake-Off contest. Recipes submitted to the official Pillsbury Bakeoff must be an original, unpublished recipe and use at least one Pillsbury, Betty Crocker, or General Mills product. Complete rules available on the Pillsbury Bake-Off web site at www.bakeoff.com.

All persons eligible to use Community Center and Youth Center may participate in the Challenge. Recipes will also be included in a D-M Family Member Programs Community Center Colossal Cookie Challenge Recipe Book. For more information call 228-3717. Sponsored by Pro Tuning Auto Repair. No federal endorsement intended.

Mardi Gras and Monte Carlo Night

The Desert Oasis Club and Desert Lightning Community Center will host Mardi Gras Monte Carlo Night, Feb. 20, from 6-11 p.m. at the Desert Oasis Club. There will be casino games galore, slots, prizes, Cajun food, lots of local sponsors and a band!

Tickets are on sale now at both clubs and the Community Center. Advance tickets are \$8 (includes \$500 free gambling chips), or \$8 at the door (includes \$200 free gambling chips). Cajun food tickets are only \$8. For more information call 228-3717.

Super Bowl Party at The Desert Oasis! Feb. 1, 2004

Come out and enjoy the Super Bowl festivities at the Desert Oasis. Doors open at 3 p.m., kickoff is at 4:25 p.m.

There will be fantastic food and drink specials and hundreds of dollars in prizes and giveaways including a brand new Royal Kia Rio, a living room set, Arizona Cardinals team autographed football, and much more! Catch the action on the big screen TV donated by First Command! Members and spouse or one guest are free. Non-members, \$10.

Note: Winner of the car and furniture will be selected from regular-season entry forms. Car winner responsible for all taxes, license, and document fees. You must be a club member to win prizes. For more information call 228-3100.



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Desert Oasis

DESERT OASIS IN JANUARY 2004

Club Bucks Drawing Every Friday Night!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cashier Hours: T-F: 11am-5pm Office Hours: T-F: 9am-4:30pm TOP 3 Lounge: Fri: Opens 3pm	Shock Wave Lounge: Mon: Closed Tues & Thurs: 4-8pm Wed: 4-11pm Fri: 3-11pm Sat: Closed Sun: Closed	Cabanas 747-3234 Mon: 10:30am-8pm Tues-Thurs: 10:30am-9pm Fri: 10:30am-10pm Sat: 1-10pm Sun: 1500-2000	Eat at The Mirage Lunch Served: Mon-Fri 11am-1pm Dinner Served: Wed & Thurs 5:30-8pm	Barber Shop: Mon-Fri: 8am-5pm Sat: 8am-1pm 748-8710	Shock Wave Lounge Social Hour Food 5-6pm "Join us for dominoes & card games!" 9 "Hip-Hop, Jazz & Blues" w/DJ "Billy T" 6-11pm 16 Adult Comedy Show! Mbrs \$10 in advance, \$15 at the door. Non-Mbrs \$15 in advance, \$20 at the door. (DJ "Insane Payne" plays til 1pm after show) 23 "Variety Music" w/ "The Wrecking Crew" 6-11pm 30 "Hip-Hop, Jazz & Blues" w/DJ "Insane Payne" 6-11pm	Cabanas Open 1-10pm TICKETS ON SALE STARTING 6 JAN!

Start planning now to attend the BIG SUPERBOWL XXXVIII PARTY FEB 1ST!
There will be fantastic food, drink specials & hundreds of dollars in prizes & giveaways! And we will be drawing the winning tickets for the Royal Kia & furniture! Mbr & spouse or 1 guest free for this event. Non-mbrs \$10

CLUB CLOSED SUNDAYS
Don't Forget "All Ranks Sunday Brunch" at The Mirage 10:30am-1:30pm
Sundays Enjoy "Family Night" at Cabanas! Buy a 12" one-item pizza w/soda at regular price of \$8.25, & get a second one for 1/2 price!
Cabanas Open 1500-2000

CLUB CLOSED MONDAYS
Cabanas Lunch Special! 1030-1300 Southern Fried Steak Sandwich w/Fries & Soft Drink \$4.95
Shock Wave Lounge 4-8pm
"IT PAYS TO BE A CLUB MEMBER!"

ACC DOLLAR DAYS MEMBERS LUNCH! 1100-1300
Call Brenda at 228-3100 to book your special functions! (Booking by appointment only)

NOTICE:
CLUB CLOSED: 1-5 JANUARY
CABANAS CLOSED: 1-2 JANUARY

Specials for our under 21 members!
DM Members under 21 get all non-alcoholic beverages 1/2 price! Maintain your DM "Z" membership & get credit toward your 21st birthday party at the club!
CLUB CREDIT AMOUNTS:
3 months = \$75
6 months = \$150
1 year or longer = \$300

Shock Wave Lounge Karaoke 8-11pm & M.U.G. Nite!! 7-11pm
Bring your own mug for \$1 refills! Your choice of Domestic Draft, Soda or Juice (32oz limit)
Shock Wave Lounge FREE tacos 5-6pm

For current information on Services activities, check out our WEBPAGE at www.dmservicesonline.com

Valentines Day "Perfect Date" Gift Basket
The gift shop in the Arts and Crafts Center has unique gifts for Valentines Day. The Perfect Date gift basket contains sparkling cider, glasses, candle, plates, cheese, crackers, and other items needed for a romantic picnic. Baskets cost \$20 and up. Delivery is free on base for orders of Valentines' merchandise over \$15. Shop early for the best selection and make your sweetheart, friend, or loved one happy this Valentines Day! While you're there, check out our other great selection of all occasion gifts, silk flower arrangements, stuffed coffee mugs, and unique custom gift baskets. For more information call 228-4385.

Heart & Bears Music Box
Make a Valentines day music box in the ceramic shop Feb. 12, from 5-6:30 p.m. The box lights up while it plays music. The class includes all supplies and costs only \$16. Students will need to supply their own brushes. For more information call 228-4385.

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The Mirage in January 2004



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Champagne Sunday Brunch! \$15.95 (mbrs receive \$2 discount) 10am-1:30pm All of your favorite breakfast & lunch dishes! Kids 6-12, \$8.95 (mbrs \$1 discount) Kids 5 & under, Mbrs eat FREE (\$2 for non-mbrs)	Monday Lunch Chef's Choice! \$7.85	Tuesday Lunch Country Buffet \$7.85	Wednesday Lunch BBQ Buffet \$7.85	Thursday Lunch Carved Buffet & Pasta Station \$7.85	Friday Lunch Catfish Buffet & Meatloaf \$7.85	Call Sherry at 228-3301 or 748-0660 to book your special functions! (Bookings by appt. only.)
Sunday Football! in the Poly Bar "Watch the playoffs here!" Eat brunch & enjoy the game with the entire family! (no bar, beer available upon request)	Members receive up to a \$2 discount per person for lunch or dinner. "It Pays to be a Member!"		Poly Bar Officers' Lounge Open 1600-2000 Free Taco Bar 1700-1800	Poly Bar Officers' Lounge Opens 1600-2000 NEW! KARAOKE Every Thursday in Catalina Ballroom 1800-2100	Prime Rib Dinner 1730-2000 \$14.95 (mbrs receive \$2 discount) (Fish Dinner also available)	*IMPORTANT NOTICE* "TAKE OUTS ARE BACK!" Pay the cashier for your to-go meal (\$8.10). mbrs receive \$2 discount, & you are welcome to use a Services Buck.
HOURS OF OPERATION Lunch: M-F 1100-1300 Dinner: Th & Fri 1730-2000 Sunday Brunch: 1000-1300 Caterer: Tu-F 0800-1700 Barber Shop: M-F 0800-1700 Bar: W-Th 1600-2000, Fri 1600-0100 Admin Offices: M-F 0800-1600 Cashier's Cage: M-Tu: 0900-1400, W-F: 0900-1600	13 ACC DOLLAR DAYS MEMBERS Lunch! 1100-1300 Sorry, no SVS Bucks will be accepted.	19 CLUB CLOSED Martin Luther King, Jr. Day Holiday	21 Mongolian BBQ 1730-2000 \$12.95 (Mbrs, \$2 discount)	2-4-1 Steak/Chicken Fish (or combo) \$16.95 (mbrs receive \$2 discount) 1730-2000	16 "The Cosmic Touch" Band The original "Dusty Funk" show band! 2000-0000 in the Catalina Ballroom	*IMPORTANT NOTICE* Party in the Poly Bar! 1700-???? Bar opens 1600 "Food, fun & friends begins at 1700 DJ Dave will be pumping out the tunes till you drop! Enjoy dominoes, cards, crud and more!
PHONE #'s Juan Conde Sherry Jones Robert Johnson Club Manager 228-3301, x11 Caterer 228-3301, x12 Chef 228-3301, x16 MAIN OFFICE 748-0660 or 228-3301 BARBER SHOP 748-8968						Members First

For current information on Services activities, check out our WEB PAGE at www.dmservicesonline.com

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The Family Child Care (FCC) Center wants you to Get With The Program and become a child care professional. You'll get to operate your own home-based business with minimal cost to you. You can set your own hours, be with your own children, and care for other children at home with a flexible schedule. You may care for children on an hourly, part-day, full-day or extended basis. The Air Force FCC Program ensures you receive all necessary training, free of charge. Don't wait for your chance to earn extra cash! For more info call 228-2201.

Interactive Customer Evaluation (ICE) System

Davis-Monthan's ICE system allows customers to give immediate feedback to activity managers about products and services. Enter the ICE site at www.dmservicesonline.com or at www.ice.disa.mil and fill out a comment card with a click of the mouse!

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New Book Brings Help and Confidence to Parents of Toddlers

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That's what author Bridget Barnes believes parents who use the techniques and skills explained in the new book, *Common Sense Parenting of Toddlers and Preschoolers*, can gain. Those skills have been taught to parents of 2 to 5 year-olds in workshops offered by Girls and Boys Town since 1996 and are now available to any parent through the book just published by Boys Town Press.

When a parent realizes that "I can correct my child, he or she may get upset with me, but the child is still going to love me," the parent gains confidence, according to Barnes. The book shows parents how to stay calm, communicate clearly, set boundaries, have reasonable expectations, give consistent consequences, and teach a young child self-control and other skills.

Parenting toddlers can be a time of high conflict. Many couples are just finding out that they have very different parenting styles — one may see the other as either too lenient or too strict, says Barnes. It may not be an exaggeration, she adds, to say that agreeing to use *Common Sense Parenting®* techniques "saves marriages. It can lead to a lot less strife."

Parents, according to Barnes, list many of the same problems

with their toddlers — acting up at bedtime and meals, throwing temper tantrums, refusing to take "no" for an answer, etc. In dealing with these issues, however, parents also make common mistakes — treating children like "little adults," giving kids choices they're not equipped to make, and setting expectations too high.

Young children, she says, need lots of reminders, assistance, modeling, and patience. The book provides step-by-step information on how to do these things. Also included are answers to dozens of questions frequently asked by parents of toddlers.

Barnes is the mother of two and stepmother of four children and has been a *Common Sense Parenting* trainer for 13 years.

Common Sense Parenting of Toddlers and Preschoolers is available from the Boys Town Press, 14100 Crawford St., Boys Town, NE 68010, 1-800-282-6657, www.girlsandboystown.org/btpres

Boys Town Press is the publishing division of Girls and Boys Town, the original Father Flanagan's Boys' Home.

For more tips on parenting, visit our Web site: www.parenting.org or call the Girls and Boys Town National Hotline, 1-800-448-3000.

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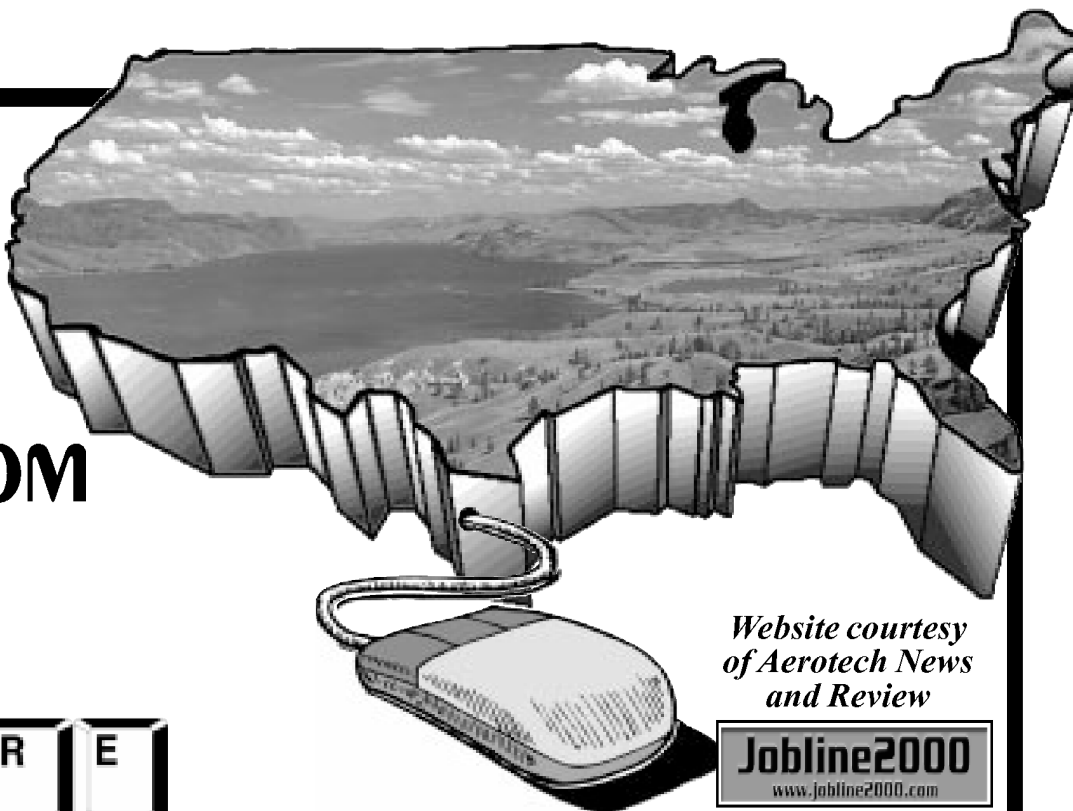
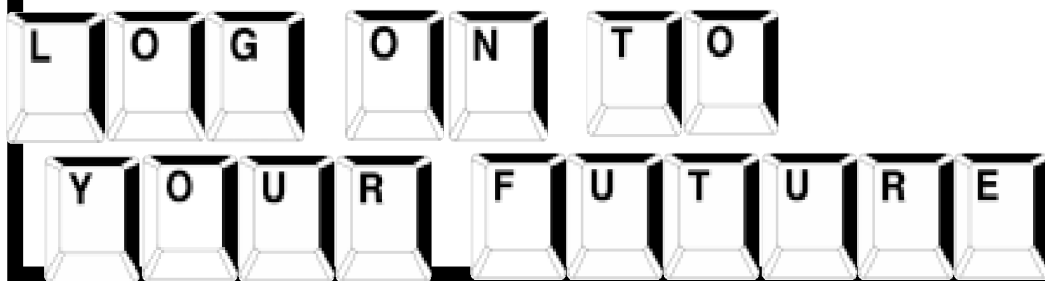
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